

Pregnancy Kitchen Simplicity Menu

The NHF Team is proud to offer the “Pregnancy Kitchen Simplicity Menu.”

At the top of the list of questions we get is, “How can you help me wrap my mind around planning meals using whole organic ingredients?” If you take the time and effort to prepare your own meals whenever possible, you increase the odds of avoiding conventional pesticides, herbicides, artificial colors, synthetic sweeteners, and chemical preservatives.

The purpose of the PK Simplicity Menu is to help you plan and generate ideas on how to easily prepare healthy meals with “from scratch” ingredients. Remember, the ingredients in processed food very often comes from a host of countries where laws on chemicals allowed in foods can greatly vary.



Debby Hamilton, MD, MSPH, Pediatrician;
Author of “Preventing Autism & ADHD: Controlling Risk Factors Before,
During & After Pregnancy”; NHF Scientific Advisory Board



BREAKFAST

- **Organic Fruit Juice**
- **Organic Milk**

PK TIP - [Organic or Conventional Milk?](#)

***Consider consuming pure water when possible (especially high-quality glass bottled water high in minerals)*

- **Eggs / Boiled Egg** (free range, organic if possible), Egg Wrap

PK TIP - [Health benefits of organic eggs](#)

- **Cereal** (we recommend whole, unaltered organic ingredients) for example, try [Nature's Path](#) Rice Puffs or Kamut Puffs
- **Toast** (try organic sunflower butter)
- **Organic Fruit Juice** (apple, banana, orange, etc.)

PK TIP - [Health benefits of organic fruits and vegetables](#)

- **Organic Smoothie** (made with organic fruit)

PK TIP - [Organic smoothie](#)

- **Bran or Whole Grain Muffin**
- **Organic Yogurt**
- **Organic Potatoes** (Cascadian Farm)
- **Organic Waffles and/or Pancakes** (Van's)
- **Biscuits**
- **Organic Cereals**
- **Organic Pasteurized Dairy**
- **Almond Milk, Coconut Milk, Rice Milk, Pasteurized Goat Milk**
- **Cinnamon Rolls** (Amy's)

LUNCH

- **Sandwich** (whole grain bread with organic meats, cheese, and vegetables)
- **Organic Salad**
- **Lunch Wrap** (organic wrap with organic meats and vegetables)
- **Organic Pizza**
- **Homemade Tacos**
- **Organic Chicken Breast**
- **Organic Hamburger**
- **Wild-Caught Alaskan Salmon** (in moderation)

- **Wild-Caught Trout**
- **White Fish**
- **Organic Vegetables** (Green Beans, Corn, Organic Green Salad, Broccoli, Carrot, Romaine Lettuce Salad, Asparagus, Sweet Potato, Avocado)
- **Amy's Organic**
 - Cheese Enchiladas
 - Spinach Lasagna
 - Cheese Pizza
 - Bean And Cheese Burrito
 - Black Bean Vegetable Enchiladas
 - Cheese Lasagna
 - Black Bean Veggie Burger
 - Macaroni And Cheese
 - Cheddar, Beans and Rice Burrito
 - Cheese Enchilada Meal
- **Organic Spaghetti or Pasta**
- **Fruit** (Banana, Apple, Pear, Orange, Berries, Peach, Grapefruit)

(continued)



REMEMBER TO...

- 1 Prepare and cook meals at home (from scratch) when possible with whole, unprocessed ingredients (preferably organic as much as possible).
- 2 Consume pure water (either filtered or from a pure, natural source) in glass or steel.
- 3 Cook with filtered or artesian spring water whenever possible.
- 4 Use cookware, foodware and drinkware made of steel, glass or ceramics. Avoid non-stick cookware if possible.
- 5 Eat organic, whole foods to reduce pesticide exposure.
- 6 Consume the highest-quality seafood from the cleanest natural source.
- 7 Avoid canned foods in order to reduce exposure to chemicals since the interiors of most food cans are coated with a protective lining containing bisphenol-A (BPA), an endocrine or hormone disruptor.

DINNER

- **Organic Wraps** (Organic Ham, Turkey, Chicken, Cheese etc.)
- **Homemade or Organic Chicken Salad**
- **Organic Beef** (Steak, Hamburger)

PK TIP - [Here is a simple Meat Loaf recipe \(recommend organic ingredients\)](#)

- **Amy's Frozen Dinners**
- **Organic Vegetables** (NHF recommends fresh or frozen vegetables if possible. Green Beans, Corn, Organic Green Salad, Broccoli, Carrot, Greens, Asparagus, Sweet Potato, Avocado)

- **Organic Beans and Peas** (Sun Organic, Eden Foods, Thrive)
- **Organic Spaghetti or Pasta** (Bionaturae, Barilla, Brad's, Eden Foods)
- **Bread** (Eureka, Dave's, Rudy's, Manna, Food for Life)
- **Pizza** (Consider Homemade, Whole Foods Market Pizza or Amy's)

PK TIP - While we often think of meals on plates, consider making whole bowls, mugs or mason jars for your quick meals. Simply choose one protein, vegetables, nuts, seeds, beans or grains from our PK grocery list to enjoy the colorful nutrients readily on the go.